

FALLS

Medications Linked to Falls



Medication management can reduce interactions and side effects that may lead to falls. Although many medication classes have been linked to falls, the evidence is strongest for a few drug categories.

Review medications for patients 65 and older to:

- Eliminate medications if there is no active indication to use them.
- Reduce doses of necessary medications (e.g., antihypertensives) to the lowest effective dose.
- Avoid prescribing medications for an older person where the risk from side effects outweighs the benefit (e.g., skeletal muscle relaxants).

MOST importantly, reduce or eliminate:

- Psychoactive drugs, especially any benzodiazepines.
- Any medications with side effects like drowsiness, sedation, blurred vision, or confusion.
- Sedating over-the-counter (OTC) medications, specifically Benadryl and Tylenol PM, which contains Benadryl.

The American Geriatrics Society has additional information about medications and older adults. This information can be found at:

www.healthinaging.org/medications-older-adults/

geriatricscareonline.org/toc/2012_beer_criteria/CL001/?param2=search



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